

# Take a wellness break with Yoga

Take a few minutes of your day to reenergize and recenter yourself and improve your productivity

Join your Health Coach, Susie, for a mid-day stretch and reset.

**ALL LEVELS WELCOME!**

**When:** Monday, May 13, 2:30-3:00 p.m.  
Monday, June 24, 12:00-12:30 p.m.

**Where:** Racine City Hall, Room 207

**Why:** Because you deserve a little relaxation!

*Bring a yoga mat if you have one and wear comfortable clothes.*



Look forward to taking a stretching and wellness break from work!